

# Farm to CACFP Fall Sample Menu

Meal Component	Day 1 (10/18) Monday	Day 2 (10/19) Tuesday	Day 3 (10/20) Wednesday	Day 4 (10/21) Thursday	Day 5 (10/22) Friday	
Breakfast	Milk	Whole Milk (age 1) Low-fat Milk (2+)	Whole Milk (age 1) Low-fat Milk (2+)	Whole Milk (age 1) Low-fat Milk (2+)	Whole Milk (age 1) Low-fat Milk (2+)	
	Fruit/Vegetable	<b>Sweet Potato Hash</b> Sweet Potato	<b>Spinach Egg Bake</b> Spinach & Onion	Asian Pears <b>Butternut Squash Frittata</b> Butternut Squash, Spinach	Apple Slices tossed with Cinnamon	Sliced Pears
	Grain/Meat	<b>Sweet Potato Hash</b> Eggs	<b>Spinach Egg Bake</b> Eggs & Feta Cheese	<b>Butternut Squash Frittata</b> Eggs	<b>Spiced Oatmeal</b>	<b>WW Pumpkin Patch Pancakes</b>
Snack	Milk		Whole Milk (age 1) Low-fat Milk (2-5)		Whole Milk (age 1) Low-fat Milk (2-5)	
	Fruit		Dried Cranberries		<b>Crunchy Apple Sandwiches</b> Apple	<b>Pumpkin Dip</b> Pumpkin
	Vegetable	<b>Roasted Sweet Potato Sticks</b>	<b>Build Your Own Garden Salad</b> Spinach, Peppers, Tomatoes	<b>Butternut Squash Bites</b> Butternut Squash		
	Grain				<b>Crunchy Apple Sandwiches</b> Puffed Brown Rice	Graham Crackers
	Meat/Meat Alternative	Hummus		Cheese Stick	<b>Crunchy Apple Sandwiches</b> Nut Butter	
Lunch	Milk	Whole Milk (age 1) Low-fat Milk (2+)	Whole Milk (age 1) Low-fat Milk (2+)	Whole Milk (age 1) Low-fat Milk (2+)	Whole Milk (age 1) Low-fat Milk (2+)	
	Fruit	Apple Slices	Sliced Pears	Grapes	<b>Fall Baked BBQ Chicken</b> Apples & Sweet Potato	Red Pepper Slices
	Vegetable	<b>Local Harvest Bake</b> Sweet Potato, Beets, Butternut Squash	<b>Roasted Turkey Pita Sandwich</b> Spinach, Cucumber, Tomato	<b>Big Bad Wolf Soup</b> Butternut Squash, Corn, Red Bell Pepper	Garlic Roasted Broccoli	<b>Jack O Lantern Soup</b> Pumpkin
	Grain	WG Roll	<b>Roasted Turkey Pita Sandwich</b> WW Pita	WG Cornbread	Brown Rice	Grilled Cheese WW Bread
	Meat/Meat Alternative	<b>Baked Chicken</b>	<b>Roasted Turkey Pita Sandwich</b> Turkey Breast	<b>Big Bad Wolf Soup</b> Beans	<b>Fall Baked BBQ Chicken</b> Chicken	Grilled Cheese Cheese

Adjust serving sizes to accommodate each age range of participants. Items in bold have an accompanying recipe available in the Farm to CACFP Week toolkit.

WG=Whole Grain, WW=Whole Wheat

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